The Influence of Pre Exam Anxiety on the Increasing Demand for Online Games of High School Students

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Abstract. Pre exam anxiety is made by many reasons. Like afraid of getting bad score after taking the test as that is shameful. And if the pre exam anxiety is proper, that may be great for students to be better focused on reviewing and have better state in the test. But, if the pre exam anxiety is excessive, the it will influence students a lot. So, what kind of ways that students can use to overcome it? Maybe playing online games is one of the way. For proving that, we need to figure out whether pre exam anxiety will influence the demand for online games or not by explain some characteristics that each side contains and also doing some questionnaire surveys to students. And finally, the conclusion is that pre exam anxiety will influence the demand for online games.

Keywords: anxiety · game · exam

1   Introduction

Anxiety, no doubt, is puzzling everyone in this era. Anxiety is generally a refusal and escape from what will happen in the future. Because we don't want bad things to happen, or we don't want to bear the serious consequences after bad things happen. For this kind of situation, we need our ability to adapt to the situation. Another situation is that it is somewhat related to procrastination. Anxiety may come from requests and demands from superiors, parents, teachers, friends and other external figures. You don't want to jump out of the comfort zone. However, the external pressure has come, and you have already felt strong pressure, but do not want to act immediately. Therefore, all your activities will be accompanied by an emotion called anxiety. Set a time, relax to that time, take action immediately, never stay, in short, do not delay, and solve the problems immediately, so that you will certainly not be anxious.

For us students, anxiety is really like a shadow, especially in the exam, the panic and fear caused by this anxiety makes us uneasy, even abnormal. It is precisely because of this factor that some people regard anxiety as the only factor of their own failure, without considering their own shortcomings and other objective conditions. Therefore, in the face of people's guilt anxiety, blame anxiety, and aversion to anxiety, I want to tell people that anxiety is a normal thing, and it is not as terrible as we imagine. On the

contrary, as long as we treat him with an ordinary mind, we can easily defeat it, defeat it as we wish, and even under its pressure, we will do things better.

Why should I study the impact of pre exam anxiety on the increased demand for online games of high school students? This is because, first of all, according to data analysis, there are still a large number of high school students with pre exam anxiety in China, Of course, this is closely related to the "college entrance examination" as a baton and the "exam-oriented education" formed for many years. Someone to an ordinary high school and a key high school each more than 60 fresh graduates: A pre-test anxiety test was conducted. The result is: ordinary high school, basically not anxious people accounted for 11.5%, 88.5% of them had anxiety, and 27% of them were serious; In key high schools, 16.6% of the students were basically not anxious, 83.4% of them were anxious, and 7.5% of them were serious. Although the psychological quality of key high school students is obviously better than that of ordinary high school students, but in general, more than 80% of the students have College entrance examination. Need to explain is, for repeat students, the proportion of college entrance examination anxiety is greater than the fresh students. Various data show that test anxiety is common and an important factor affecting the college entrance examination. And now the number of domestic high school students' demand for online games is also gradually increasing.[1] There is a great possibility that the two have a certain relationship with each other, but we must draw a result through research (whether it is really related). And after determining, you can also try to let other guides find ways to alleviate the anxiety before the exam except online games. This is also the purpose or significance of my research on this topic.

2 Anxiety

Anxiety disorder is a state of significant and persistent psychological and physical anxiety, and is not caused by other diseases. It is divided into two categories: persistent symptoms (generalized anxiety disorder) and paroxysmal symptoms. The latter is subdivided into paroxysmal anxiety (phobic anxiety disorders) due to special conditions and anxiety (panic disorder) that may occur under any circumstances.

Fear anxiety disorder can be divided into specific phobia, social phobia and agoraphobia.

The patient's emotions are very restless and afraid. The patient often shows excessive concern about some things in real life or in the future. Sometimes, the patient can worry without a clear goal. This kind of worry is often out of proportion to the reality, making patients feel very painful. It is also accompanied by symptoms of autonomic nervous disorders such as hyperactivity and muscle tension.

Most of the pre illness characters of anxiety disorder are timid, self abased and suspicious, thinking about things before and after, hesitating, and unable to quickly adapt to new things and new environments. The cause of the disease is mental factors, such as being unable to adapt to a stressful environment, encountering misfortune or being difficult to undertake complicated and difficult work.

Anxiety can often encourage you to muster strength to deal with the upcoming crisis (or anxiety is a positive stress instinct). Only when the degree and duration of anxiety

exceed a certain range can anxiety symptoms be formed, which will play the opposite role - hindering people to cope with and deal with the crisis in front of them, and even hindering normal life.

3   Pre Exam Anxiety

Many students have probably had the experience of feeling nervous in the days leading up to an exam. They can't sleep well, they can't concentrate on their revision, and their nervousness gets worse as exam time approaches. Especially after entering the examination room, there are often palpitation, hand fibrillation, gastrointestinal discomfort, frequent urination, restlessness, excess movement increase, attention can not concentrate, difficult symptoms of knowledge extraction. All of these are common signs of test anxiety. Pre exam anxiety can be reflected in students' bodies and affect their development prospects.

Research shows that test anxiety is related to the age and gender of examinees. Generally speaking, the older the examinee is, the lower the level of test anxiety will be. This may be because older students have a more comprehensive view of things and a stronger ability to cope with setbacks in learning and life. The test anxiety level of female students is higher than that of male students, which may be because female students are more sensitive, their emotions are less stable than that of male students, their physical strength is no small difference from that of male students, and their psychological endurance is relatively low. As a result, it is easier to have adverse reactions in the face of exam oriented situations.

Test anxiety is related to the personality characteristics of examinees. Sensitive and introverted people are more likely to feel anxious when facing exams than straightforward and extroverted people. They often pay too much attention to their own adverse reactions, and their cognition of themselves is too negative, which expands the threat of exams to themselves, resulting in nervousness, anxiety and irritability. Many studies show that open-minded and cheerful examinees are not easy to have serious test anxiety.

Test anxiety is related to the level of IQ and EQ. The examinees with high IQ level have strong learning ability and low test anxiety compared with the general examinees; EQ is mainly to recognize and control their own emotions; Recognize the emotions of others and achieve smooth communication; Deal with interpersonal relationship, etc. People with high EQ are generally outgoing, open-minded and cheerful, with few negative emotions; They are serious and responsible, and have strong social skills, so they are not prone to test anxiety.

Test anxiety is related to the ambition of the examinees. Generally speaking, the examinees without lofty aspirations have a peaceful mind and a low level of anxiety; And the examinees with lofty aspirations, especially those who demand too much of themselves, have higher anxiety levels. In addition, test anxiety is also closely related to the physical condition of the examinees, and the strong people have less test anxiety than the weak and sickly people.

Whether the examinee reviews sufficiently before the examination, whether the knowledge is comprehensive, and whether the examinee has mastered the examination skills have a certain impact on the examination. The examinees who review fully before the examination are less anxious than those who know only a little about the

subject knowledge. However, the examinees who usually do too few questions and lack corresponding exam oriented training have higher test anxiety.

Pre exam anxiety is actually a kind of expectant anxiety and worry that lacks objective reasons. [2] They are nervous and uneasy, Lack of confidence and other factors will attach to their current mood, which also leads to them becoming more anxious. In addition, there is a generation process of pre exam anxiety, which is the relationship between ability and threat. In detail, when a person's ability is far higher than the threat he will be subjected to, there will be no anxiety. If a person's ability is far lower than the threat he will be subjected to, then anxiety will arise. Most of the threats mentioned above are threats to their self-esteem. As we all know, self-esteem is something that will be valued for everyone, so if self-esteem will be threatened after the exam, then pre exam anxiety will certainly appear at the end [3].

At this time, what can alleviate the phenomenon of anxiety before the exam? For the topic I want to study, online games are one of them, so we can make or design a hypothesis: there is a correlation between online games and pre exam anxiety. First of all, online games can bring people a sense of happiness. People will be very focused in the process of playing games. They will forget everything outside the game, including recent troubles, things that will make them feel bad, and so on. [4] This series of things will be forgotten at that time, so the anxiety will also be relieved to a certain extent. The second point is that in the process of playing online games, people can express and flow, which means that people's anxiety can be released, and no anxiety will continue to occur in him. In this process, he will only accept all things that will make him feel happy. The last point is timely feedback. Online game, referred to as "online game", refers to a sustainable individual multiplayer online game with the Internet as the transmission medium, the game operator's server and user's computer as the processing terminal, and the game client software as the information interaction window, aiming to achieve entertainment, leisure, communication and virtual achievement. According to different game platforms, online games can be divided into four categories: computer online games, video control online games, handheld online games and interactive TV online games. This paper chooses DOTA2, a multiplayer online tactical competitive game, as the main game of study. Many people who like playing games know that when we play games, we usually receive a lot of rewards, especially after completing some tasks. Many rewards like this are thought out by game designers for a long time. Because they want to make these rewards very popular, every player will like these rewards very much, so these rewards will be very attractive, And those who play games will become very happy after receiving rewards, because they like these rewards, so their anxiety will be relieved to a certain extent.

4   Experiment

The experimental method I use for this topic is questionnaire survey. The advantages of questionnaire are: 1. It has high efficiency. Questionnaire survey is widely used, because its biggest advantage is simple and easy to operate, economical and cost-effective. The door-to-door investigation of investigators is not required to collect data, which can be carried out in groups or sent out by mail. Or published in newspapers and magazines, it

can not only save manpower, material resources, financial resources and time, but also survey a lot of people in a short time. Therefore, the questionnaire survey is very efficient, suitable for computer data processing, and saves the cost and time of analysis. 2. With objectivity, the questionnaire generally does not need to be signed on the questionnaire, and the methods of newspapers, magazines and mailing do not need to be signed. The respondents can express their true thoughts and situations freely. If privacy issues are involved in the questionnaire, the way of signing may cause the respondents to be unwilling to express their true wishes, rather than anonymous questionnaire, they can be reckless. 3. It is unified. The questionnaire survey uses the same questionnaire for all respondents, which is conducive to the comparative analysis of respondents in the same situation, the investigation of respondents with different social consciousness, and the analysis of individual situations. 4. It is extensive. The questionnaire is not limited by the number of people and scope. The range of possible answers given in the design is generally chosen by the respondents, which also facilitates the understanding of the survey content by the respondents. Because the questionnaire survey is mostly conducted in a closed way, because in the process of data collation, the answers can be encoded and data input for quantitative processing and analysis. So I will do a questionnaire survey for my classmates and ask some questions about this topic, such as 1 Do you play online games frequently? 2. What is your average online time per week? 3. Do you have anxiety before the exam? 4. Will online games give you an opportunity to vent your emotions? 5. Will you get a sense of achievement and feel happy in online games? 6. What is your main purpose of playing online games? After getting their answers, I will make a statistics on these information to see the proportion between them, and finally I can know whether there is a certain relationship between the two.

5   Conclusion

Pre exam anxiety has a certain impact on the increase in the demand for online games. Most students with pre exam anxiety will have a demand for online games, and as this kind of anxiety occurs more and more, their demand for online Games will continue to increase. This influence has both advantages and disadvantages. For example, playing online games can really give students who will have pre exam anxiety a chance to relax or calm down. This will keep him from being nervous all the time, because these students are very focused when playing games and won't think about anything unrelated to the game. Therefore, their mentality may be better and they will not be so anxious, which is of great help to their exams. These are the advantages of this impact, but there are also some disadvantages. First of all, the most obvious is the damage to the eyes. If this form is used to alleviate their anxiety every time, the degree of their eyes may become higher and higher, because at their age, their eyes are developing and are in a very fragile state. This has a great negative impact on their lives. In addition, because they use this method many times, they may start to rely on games slowly, and feel that they can only use the playing method to help them alleviate their anxiety, so that they become more and more addicted to games, and may even be addicted, without any desire to learn, so they can't have a good future.

6 Suggestion

My suggestion is to find another way to replace playing games. This method can't have so many shortcomings like games, otherwise it can't relieve anxiety and won't be affected by any other negative effects. [5] There are many other ways to relieve anxiety.

When there is tension, you can take a deep breath to slow the breathing rate and help relieve anxiety and tension. If the effect of self-regulation is not good, psychotherapy can be carried out. Anti anxiety drugs can be taken under the guidance of doctors. At ordinary times, we should pay attention to reasonable work and rest, do not often stay up late, but also exercise properly, learn to release pressure, and maintain an optimistic attitude.

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